



## FoodShare Makes Wisconsin Healthier

### FoodShare Benefits Help People With Low Income Buy Food

To get FoodShare benefits, apply at your local county/tribal, social or human services agency. To find the agency in your county, contact Recipient Services at 1-800-362-3002 or check our web site at

<http://dhfs.wisconsin.gov/medicaid1/contacts/index.htm>. FoodShare benefits come on a plastic card called the Wisconsin QUEST card that you use just like a credit or bank debit card. Most stores that sell food accept this card.

### To be Eligible to Receive FoodShare Benefits You Must:

- File an application
- Interview with a FoodShare worker
- Meet basic program rules
- Verify certain information
- Meet income limits
- Register for work (with some exceptions, such as if you are elderly, disabled, a parent of a child under age 6 or if you are working more than 30 hours per week at minimum wage)

There is no asset limit for FoodShare Wisconsin.

People who live together and buy food and prepare meals together are grouped as a "household". Husbands and wives and, in most circumstances, their children under age 22 must be one household.

Most types of income are counted. After adding all of your household's countable income, certain reported expenses such as shelter costs, child care costs, child support paid, etc., are subtracted from your gross monthly income to find out your net monthly income. The FoodShare benefit amount is based on the number of people in your household and your total net monthly income.

If you want to apply for FoodShare benefits, contact your local county/tribal, social or human services agency. If you want to see if you might be able to get FoodShare benefits, visit ACCESS at [access.wisconsin.gov](http://access.wisconsin.gov).

### What You Can Buy With FoodShare Benefits:

FoodShare benefits can be used to buy:

- Breads and cereals,
- Fruits and vegetables,
- Meats, fish, and poultry,
- Dairy products, and
- Plants and seeds to grow food for your household to eat.

FoodShare benefits cannot be used to buy:

- Nonfood items including pet foods, soaps, paper products, and household supplies, grooming items, toothpaste, and cosmetics,
- Alcoholic beverages and tobacco,
- Vitamins and medicines,
- Any food that will be eaten in the store, or
- Hot foods.

## CHOOSE FOODS TO PROMOTE A HEALTHY FUTURE AT EVERY STAGE OF LIFE!

### Find Your Balance Between Food and Physical Activity

- Be sure to stay within your daily calorie needs.\*
- Be physically active for at least 30 minutes most days of the week
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.



### Know The Limits on Fats, Sugars and Salt (sodium)

- Get most of your fat sources from fish, nuts and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats and sodium low.
- Choose food and beverages that are low in added sugars. Added sugars contribute calories with few, if any, nutrients.

\*For a 2,000-calorie diet, you need the amounts below from each food group.

- Grains - 6 ounces every day.
- Vegetables - 2 1/2 cups every day.
- Fruits - 2 cups every day.
- Milk - for kids aged 2 to 8, get 2 cups every day, all others 3 cups.
- Meats and Beans - 5 1/2 ounces every day.

**Note:** To find the amounts that are right for you based on your age, sex and activity level, go to [MyPyramid.gov](http://MyPyramid.gov).

If you have more questions contact Recipient Services at 1-800-362-3002 or visit our web site at <http://dhfs.wisconsin.gov/FoodShare/>.

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